

**Report on Basic Demographic Information and Results of Twelve Month  
Follow-up Procedure For Adults Completing Prison Treatment Programs**

**Presented to: Division of Alcohol and Drug Abuse:  
State of South Dakota**

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**EXECUTIVE SUMMARY**

**A summary of the basic findings for Adult DOC programs is presented in this section.**

- ◆ The overall substance abstinence rate for those in the 12-month follow-up survey was 49.2 percent.
- ◆ Married persons had better outcome results (not using substances, arrest free, and non-violation of parole) than did single people.
- ◆ Older persons had better outcome results (not using substances, arrest free, and violation of parole) than did younger people.
- ◆ People who were working had much better outcome results in each area (not using substances, arrest free, and non-violation of parole) than did those not working.
- ◆ Persons with higher levels of education had much better outcomes (substance use, arrests, parole violations) than did those with lower education levels.
- ◆ Clients with a history of work problems had much poorer outcomes (greater substance use, more arrests and parole violations) than did those with few (or no) problems at work.
- ◆ Problems at school and with the law encountered before age 15 were highly correlated with poor outcomes.
- ◆ Clients who attended AA meetings had superior outcome results (not using substances, arrest free, and non-violation of parole) compared to those who dropped out of AA.
- ◆ Clients who attended aftercare had better outcome results (not using substances, arrest free, and non-violation of parole) than did those who dropped out of aftercare.
- ◆ Participants in the treatment programs who liked the program (rated it high) were less likely to use substances or be arrested.
- ◆ Participants who 'greatly' increased their knowledge

during the program were less likely to violate parole or use substances.

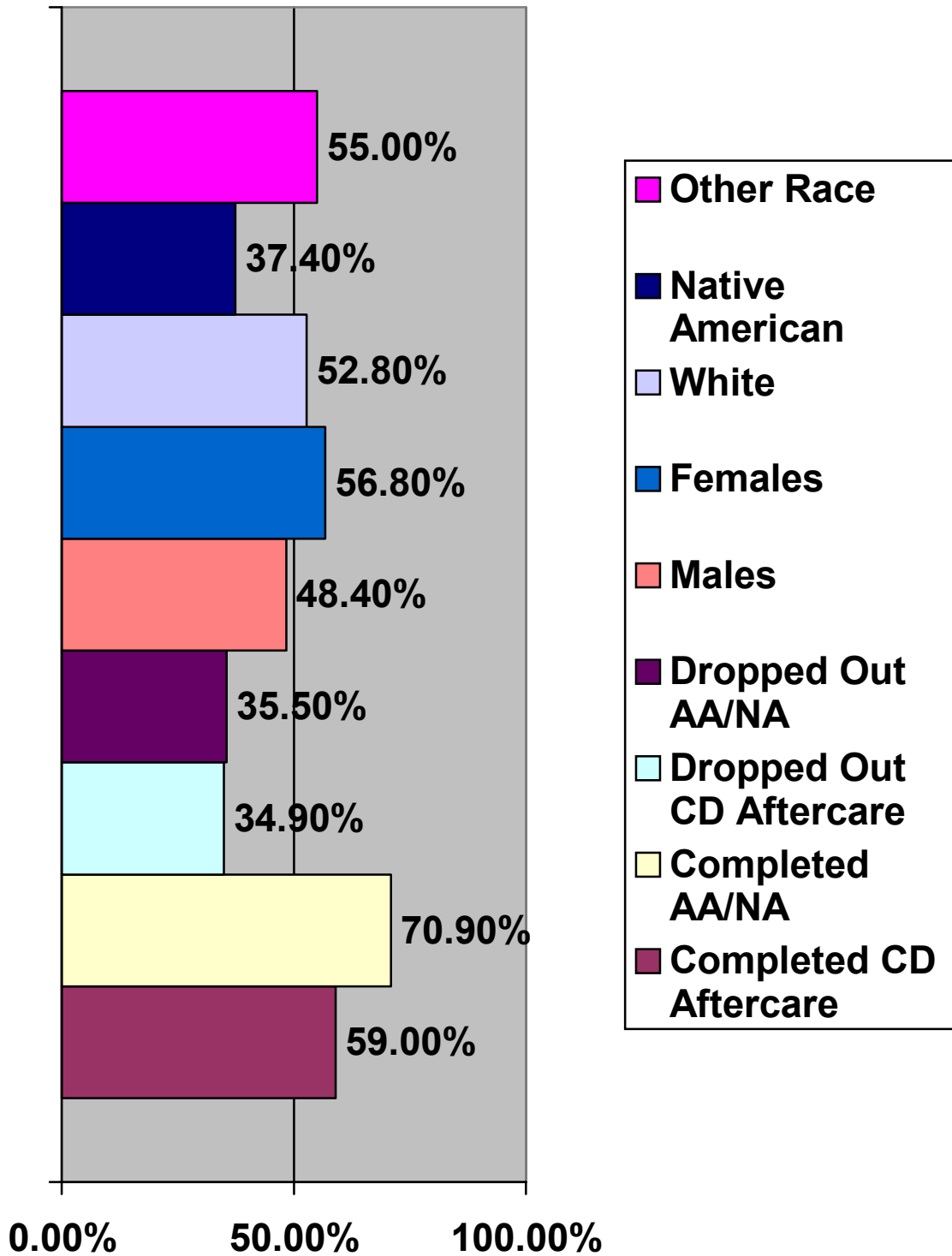
- ◆ Clients who rated individual or group counseling high were less likely to violate other provisions of their parole.
- ◆ Parole officers' assessments of compliance with parole plans were significantly related to abstinence, arrest, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. High ratings by the officers were associated with good outcomes (less drinking, fewer arrests, fewer parole violations, and fewer absconders).
- ◆ Parole officers' assessments of clients' relationships with family members were highly correlated with abstinence, arrest, violation of parole status, and absconder status. Again, the officers' perceptions were closely related to the performance of clients. Good perceived relationships were correlated with good performances by the clients.
- ◆ Parole officers' assessments of clients' relationships with peers/friends were significantly related to abstinence, arrest, violation of parole, and absconder status. The officers' perceptions quite accurately reflected the reality of the performances of the clients in these areas. Good peer relations were correlated with good outcome performances.
- ◆ Parole officers' assessments of clients' employment progress were highly correlated with abstinence, arrest, violation of parole, and absconder status. Again, the officers' perceptions were closely related to the performances of clients. Good perceived employment progress was correlated with good performances by the clients.
- ◆ Parole officers' assessments of the probability of remaining arrest free were highly correlated with clients' performances related to abstinence, arrests, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. Of course, the officers often had hindsight as a guide in judging the

performance of the clients.

- ◆ Counselors' ratings of the clients' performances in the outpatient treatment program were significantly related to abstinence and parole violations. High ratings were correlated with greater abstinence, fewer arrests, and parole violations.
- ◆ Counselors' ratings of the clients' overall performances in the program were significantly related to abstinence and parolee violation. High ratings were related to greater abstinence and fewer arrests and parole violations.
- ◆ Counselors' ratings of the clients' performances in individual counseling sessions were significantly related to abstinence and parole violations. High ratings were correlated with greater abstinence, and fewer parole violations.
- ◆ Counselors' ratings of the clients' performances in group counseling sessions were significantly related to abstinence and parole violations. High ratings were correlated with greater abstinence, and fewer parole violations.
- ◆ Clients who had high ratings from their counselors in the relapse prevention part of the program were less likely to violate parole and had a higher abstinence rate.
- ◆ Counselors' perceptions of the future likelihood of remaining substance abuse free were significantly related to outcome factors. Good ratings were related to greater abstinence, fewer arrests, and fewer parole violations.
- ◆ Counselors' perceptions of the clients' future prospects of being arrested were significantly related to abstinence, arrests, and parolee violations. Favorable ratings by the counselors of the clients were related to greater abstinence, fewer arrests, and fewer parole violations.



## Abstinence Rates: Various Groups



## **Demographic Information (From MPR Intake Form)**

### **Ethnic Origin**

Information for this section of the report was obtained from the MPR Adult Intake and History forms which were adapted and used by permission of New Standards, Inc. The information was collected for persons completing treatment programs between April 1999 and November 2003. Information from the Intake, History, and Discharge forms were available for a total of 2148 persons, although not everyone answered each question. The only two ethnicity groups with notable numbers were White (67.9%) and Native American (23.7%), representing 91.6 percent of the total.

<b>Ethnicity</b>	<b>Number of Cases</b>	<b>Percent</b>
Asian	12	0.6%
Black	52	2.4%
Hispanic	72	3.4%
Native American	510	23.7%
White	1458	67.9%
Biracial	31	1.4%
Other	13	0.6%
Total	2148	100.0%

### **Marital Status**

Never married (54.8%) and divorced (25.8%) were the most frequently mentioned categories of marital status.

<b>Marital Status</b>	<b>Number of Cases</b>	<b>Percent</b>
Never Married	1159	54.8%
Divorced	546	25.8%
Separated	95	4.5%
Widowed	23	1.1%
Married	292	13.8%
Total	2115	100.0%

## **Educational Attainment**

High school diploma/GED was the most frequently mentioned category (76.3%), followed by: vocational/technical school (11.6%), no diploma earned (7.7%), and associate degree (2.8%).

<b>Highest Degree Earned</b>	<b>Number of Cases</b>	<b>Percent</b>
No Degree or Diploma Earned	155	7.7%
High school diploma/GED	1533	76.3%
Vocational/technical school	234	11.6%
Associate Degree	57	2.8%
Bachelor's Degree	22	1.2%
Master's Degree	8	0.4%
M.D./J.D./Doctorate	0	0.0%
Total	2009	101.1%

## **Current Employment Status**

At entry into the treatment programs, less than one-half were employed either part- or full-time. The most common employment status was unemployed (51.8%).

<b>Employment Status</b>	<b>Number of Cases</b>	<b>Percent</b>
Full-time employment	655	37.6%
Part-time employment	78	4.5%
Unemployed	901	51.8%
Retired	15	0.9%
Disabled	59	3.4%
Homemaker	5	0.3%
Student	28	1.6%
Total	1741	99.9%

### **Financial Assistance**

Some (3.6%) of the clients were receiving disability compensation or welfare (0.4%), and a few (0.2%) were receiving both.

<b>Financial Assistance</b>	<b>Number of Cases</b>	<b>Percent Yes</b>
Receiving Disability Compensation	2104	3.6%
Receiving Welfare	2091	0.4%

### **Treatment Payment**

Since the clients were from treatment programs in facilities of the South Dakota State Department of Corrections (DOC), participants were not required to pay for their treatment. The percents do not equal 100 percent, because there are multiple payment sources for some people and others did not respond to the question.

<b>Payment Type</b>	<b>Number Answering Yes</b>	<b>Percent</b>
Medicare	4	0.2%
Medicaid	8	0.4%
Blue Cross/Blue Shield	0	0.0%
Private/group insurance	4	0.2%
HMO	1	0.1%
Self-pay	37	1.8%
Other	2014	95.3%
Total Possible Responses	2114	

## Referral Source

The Court (71.4%) was the most frequent referral source. Other common referral sources were Other (30.4%), Self (3.3%), and Family (1.6%). Since there were multiple referral sources, the column percents equal more than 100.

Referral Source	Number of Cases	Percent Checking Category
Court	1531	71.4%
Detox center	7	0.4%
Employer/EAP	3	0.1%
Family	34	1.6%
Friends	25	1.2%
Mental health worker	29	1.4%
Physician	8	0.4%
School	4	0.2%
Self	71	3.3%
Social worker	12	0.6%
Other	652	30.4%

## Reasons For Entering Treatment

It is obvious that these particular clients entered treatment for reasons external to themselves, since they were in DOC facilities or programs. 'Other' court action (65.0%) was the most frequent reasons for entering treatment, followed by DWI or DUI arrests (34.5%) and In Lieu of Incarceration (19.3%). Since persons could make multiple responses, the sum of the percents is more than 100.

Reasons	Number of Cases	Percent Yes
DWI or DUI arrest	711	34.5%
Other court action	1372	65.0%
In lieu of Incarceration	393	19.3%
Ultimatum from employer	7	0.3%
Ultimatum from spouse/mate	8	0.4%

### **Most Recent Chemicals Used (From Intake Form)**

Upon admission to the treatment programs, it was found that the most common drugs used were alcohol, marijuana, cocaine, stimulants, and hallucinogens. Nearly all (96.8%) had used alcohol and 78.5 percent had used marijuana at some time.

<b>Substance</b>	<b>Within 24 Hours</b>	<b>Within 2-7 Days</b>	<b>Within 8-30 Days</b>	<b>Over a Month Ago</b>	<b>Never Used</b>
Alcohol	25 (1.2%)	29 (1.4%)	56 (2.7%)	1886 (91.4%)	67 (3.2%)
Marijuana	21 (1.0%)	11 (0.5%)	24 (1.2%)	1535 (75.7%)	436 (21.5%)
Cocaine	5 (0.3%)	4 (0.2%)	7 (0.4%)	976 (49.1%)	997 (50.1%)
Stimulants	10 (0.5%)	5 (0.3%)	8 (0.4%)	971 (48.7%)	1000 (50.2%)
Sedatives	0 (0.0%)	1 (0.1%)	4 (0.3%)	431 (22.0%)	1527 (77.8%)
Opiates	0 (0.0%)	2 (0.1%)	4 (0.2%)	456 (23.2%)	1501 (76.5%)
Tranquilizers	6 (0.3%)	0 (0.0%)	4 (0.2%)	351 (17.9%)	1595 (81.5%)
Hallucinogens	3 (0.2%)	0 (0.0%)	4 (0.2%)	773 (39.2%)	1192 (60.4%)
Painkillers	2 (0.1%)	2 (0.1%)	3 (0.2%)	501 (25.6%)	1452 (74.1%)
Other	8 (0.5%)	1(0.1%)	0 (0.0%)	350 (19.7%)	1416 (79.8%)

## Demographic Information From Adult History Form

### Work Outside Home

Most (66.8%) of the clients were working either part- or full-time, but a large minority was unemployed at entry into the treatment programs.

Work Outside Home	Number of Cases	Percent
Yes, full-time	1333	61.4%
Yes, part-time	118	5.4%
No, by choice	89	4.1%
No, unemployed	632	29.1%
Total	2172	100.0%

### Personal Income Last Year

Considering the relatively high number of unemployed persons, it was not surprising that many of those in the treatment programs had personal incomes of less than \$10,000 per year. Very few made more than \$30,000 per year.

Personal Income Categories	Number of Cases	Percent
Less than \$10,000	898	42.0%
\$10,001 to \$20,000	427	20.0%
\$20,001 to \$30,000	249	11.7%
\$30,001 to \$50,000	123	5.8%
Over \$50,000	37	1.7%
Don't want to say	403	18.9%
Total	2137	100.1%

### Family Income Last Year

As would be expected, family income levels were higher than personal income levels, but these income amounts were quite modest with only 14.6 percent reporting family incomes over \$30,000.

Family Income Categories	Number of Cases	Percent
Less than \$10,000	588	28.2%
\$10,001 to \$20,000	342	16.4%
\$20,001 to \$30,000	259	12.4%
\$30,001 to \$50,000	199	9.5%
Over \$50,000	106	5.1%
Don't want to say	593	28.4%
Total	2087	100.0%

### Place of Residence

Most clients have lived a majority of their lives in cities.

Place of Residence	City	Town	Rural Area
Where do you live now?	52.9%	27.1%	20.0%
Where have you lived most your life?	54.8%	25.8%	19.5%

## Problem Areas

The clients were asked a series of questions about personal or family problems or situations. Most (74.7%) had been in a treatment program, and nearly one-half (46.0%) had encountered problems with family members drinking. Other prominent problem areas were: family members using drugs (28.5%), treated for depression (25.9%), and physical abuse or 'beat up' before age 18 (25.6%).

<b>Problem Areas</b>	<b>Number of Cases</b>	<b>Percent Yes</b>
Have you been in treatment before?	2176	74.7%
Did drinking by any family member cause problems?	2179	46.0%
Did drug use by any family member cause problems?	2168	28.5%
Before 18, were you hit so hard that you had marks?	2186	25.6%
Since 18, were you hit so hard that you had marks?	2183	13.4%
Before 18, were you forced to have sex?	2170	10.6%
Since 18, were you forced to have sex?	2186	4.6%
Have you ever been treated for depression?	2182	25.9%
Have you ever been treated for other emotional disorders?	2161	19.0%
Have you ever tried to commit suicide?	2109	17.9%
Have you ever starved yourself over 3 months?	2181	2.9%
Have you ever binged and vomited over 3 months?	2165	2.1%
Have a hard time learning when growing up?	2164	19.6%

### **Additional Problem Areas Before You Were 15 Years Old**

The two major problem areas encountered by the clients before age 15 were stealing (57.8%) and starting fights (54.7%). Most of the other categories were also significant problem areas, and these problems areas were significantly correlated with outcome results. Those with problems had poor outcomes and those without these problems had positive outcomes.

<b>Problem Area</b>	<b>Number Cases</b>	<b>Percent Yes</b>
Skip school more than 10 times?	2049	43.4%
Get suspended or expelled from school?	2046	45.3%
Get Arrested?	2028	40.1%
Run away from home overnight more than once?	2030	32.4%
Vandalize or destroy property?	2034	46.8%
Steal?	2037	57.8%
Have sex with more than one person?	2037	45.0%
Start physical fights?	2040	54.7%

## Questions on Spirituality

Most (67.3%) of the clients participated in prayer or meditation on a regular basis (at least several times per month). More than one-half (54.3%) were praying or meditating at least weekly.

### How often do you pray or meditate?

Pray or Meditate	Number of Cases	Percent
Never	457	20.9%
Less than once a month	259	11.9%
Several times a month	283	13.0%
Every week	309	14.2%
Every day	874	40.1%
Total	2182	100.1%

This group of clients was not highly involved in organized religious services, since more than one-third (35.7%) never attended religious services, and others (28.9%) attended services less than once a month.

### How often do you attend religious services of any kind?

Religious Services Attendance	Number of cases	Percent
Never	772	35.7%
Less than once a month	625	28.9%
Several times a month	230	10.6%
Every week	504	23.3%
Every day	34	1.6%
Total	2165	101.1%

## From Adult Discharge Form

### Program Type

Data analysis in this section was completed on all persons who had been discharged from treatment. The most common type of program was Day Outpatient.

Type of Program	Number of Cases	Percent
Residential/Inpatient only	17	0.8%
Evening Outpatient only	454	21.4%
Day Outpatient only	1182	55.6%
Day Hospital	3	0.1%
Combination: Inpatient Evening Outpatient	0	0.0%
Combination: Inpatient Day Outpatient	2	0.1%
Combination: Inpatient Day Hospital	1	0.0%
Other	465	21.9%
Total	2124	99.9%

### **Discharge Status For All Referrals To Programs**

Based on information on all clients received from the treatment programs, most (99.1%) were in the Completed program category. Some persons transferred to other programs.

<b>Discharge Status</b>	<b>Number of Cases</b>	<b>Percent</b>
Evaluation only	1	0.0%
Completed program	2102	99.1%
Transferred to other program	18	0.8%
Left against staff advice	0	0.0%
Discharged for noncompliance	1	0.0%
Insufficient funding	0	0.0%

### **Chemical Use During Treatment**

As would be expected, very few clients were known to be using chemicals during treatment.

<b>Chemical Use</b>	<b>Number of Cases</b>	<b>Percent</b>
No	1953	92.1%
Not sure	164	7.7%
Yes, as Inpatient	3	0.1%
Yes, as Outpatient	0	0.0%
Total	2120	99.9%

### **Family Program Participation**

Because of the incarcerated nature of the clients, very few family members would be available or allowed to participate in the family programs.

<b>Participation in Family Program</b>	<b>Number of Cases</b>	<b>Percent</b>
No family or significant other	2010	99.5%
Patient refused	5	0.2%
Family/significant others refused	2	0.1%
Some involvement	4	0.2%
Total	2021	100.0%

### **Participation in Family Program**

Of family members who did take part in the family program, parents and spouse/mate were the most frequent participants.

<b>Attendance</b>	<b>Percent None</b>	<b>Percent Partial</b>	<b>Percent Full</b>
Spouse/mate	83.3%	8.3%	8.3%
Parents	91.7%	8.3%	0.0%
Siblings	100.0%	0.0%	0.0%
Children	100.0%	0.0%	0.0%
Friends	91.7%	8.3%	0.0%

### Post-discharge Referrals

Alcoholics Anonymous, Program Aftercare, and Narcotics Anonymous were the most frequent referral sources. Since there were multiple referrals, the total percent equals more than 100 percent.

Referral Source	Number of Cases	Percent
Alcoholics Anonymous	2113	88.3%
Emotions Anonymous	9	0.4%
Cocaine Anonymous	44	2.1%
Narcotics Anonymous	1196	56.6%
Women for Sobriety	0	0.0%
AL-ANON	6	0.3%
Other support group	97	4.9%
Program Aftercare	1368	64.8%
Individual Therapy/Counseling	71	3.4%
Family Therapy/Counseling	15	0.7%
Halfway house	210	9.9%
Other CD program	101	4.8%
Other	443	21.0%

## PROGRAM ASSESSMENT FORM – COMPLETED BY COUNSELORS

Information for this section of the report was obtained from the Program Assessment form, which was completed by counselors most familiar with the clients' program and progress. The information was collected for persons completing treatment programs between April 1999 and November 2003. Information was available for a total of 2185 persons, although not everyone answered each question and not everyone was required to attend each program segment. This year only information from the latest form (1999 version) is used.

### Group Counseling Sessions

Nearly all (99.6%) attended all the required parts of their group counseling sessions. Most (86.3%) received a good or fair rating when compared to others in the program.

	<b>Yes</b>	<b>No</b>
Attended all required parts	2132 (99.6%)	9 (0.4%)

	<b>Excellent</b>	<b>Good</b>	<b>Fair</b>	<b>Poor</b>
Compared to others, how well client did	202 (9.4%)	1295 (60.3%)	559 (26.0%)	91 (4.2%)

### Individual Counseling

Nearly all (99.5%) attended the required parts of their individual counseling sessions. Most (84.6%) received a 'good' or 'fair' rating when compared to others in the program.

	<b>Yes</b>	<b>No</b>
Attended all required parts	2123 (99.5%)	11 (0.5%)

	<b>Excellent</b>	<b>Good</b>	<b>Fair</b>	<b>Poor</b>
Compared to others, how well client did	258 (12.0%)	1355 (63.2%)	459 (21.4%)	72 (3.4%)

### Primary outpatient treatment program

Almost all (99.6%) attended the required parts of their primary outpatient treatment program. Most (88.9%) received a good or fair rating in comparison to others in the program.

	Yes	No
Attended all required parts	2107 (99.6%)	8 (0.4%)

	Excellent	Good	Fair	Poor
Compared to others, how well client did	166 (7.8%)	1375 (64.8%)	512 (24.1%)	68 (3.2%)

### Aftercare services

Of those in this program, most (85.7%) attended the required parts of their aftercare services. Most (78.7) received a good or fair rating.

	Yes	No
Attended all required parts	54 (85.7%)	9 (14.3%)

	Excellent	Good	Fair	Poor
Compared to others, how well client did	10 (16.4%)	38 (62.3%)	10 (16.4%)	3 (4.9%)

### Relapse prevention

Virtually all (99.8%) attended the required parts of relapse prevention. A large majority (90.6%) received a good or fair rating when compared to other clients in the program.

	Yes	No
Attended all required parts	1680 (99.8%)	3 (0.2%)

	Excellent	Good	Fair	Poor
Compared to others, how well client did	106 (6.3%)	1085 (64.4%)	442 (26.2%)	52 (3.1%)

## Overall Assessment of Client

Nearly two-thirds (63.6%) received a 'good' rating considering all aspects of the client's treatment program. Consistent with other comparisons in the program assessment, the majority (88.3%) received a 'good' or 'fair' rating.

	<b>Excellent</b>	<b>Good</b>	<b>Fair</b>	<b>Poor</b>
Considering all aspects, how well client did	183 (8.5%)	1370 (63.6%)	532 (24.7%)	68 (3.2%)

Most clients (68.4%) were assessed to be somewhat likely to be free of substance abuse in the future. Frequently, those who were very likely to be free of substance abuse also performed well in comparison to others in their program. Likewise, those who were not likely to be free of substance abuse performed fair or poorly when compared to others in their program.

	<b>Very likely</b>	<b>Somewhat likely</b>	<b>Not likely</b>
How likely to be free of substance abuse	325 (15.1%)	1475 (68.4%)	357 (16.6%)

Most (63.7%) of those rated were viewed as somewhat likely to be arrest free for law violations in the future.

	<b>Very likely</b>	<b>Somewhat likely</b>	<b>Not likely</b>
How likely to be arrest free	251 (11.7%)	1369 (63.7%)	530 (24.7%)

## **CLIENT ASSESSMENT FORM – COMPLETED BY CLIENTS**

Information for this section of the report was obtained from the Client Assessment form, which was completed by clients near the end of their substance abuse treatment programs. The information was collected for persons completing treatment programs between April 1999 and November 2003. Information was available for a total of 2204 persons, although not everyone answered each question. The numbers of cases are about the same as last year because only the latest (1999) version of the form was used, reflecting the most current information.

The clients were given the opportunity to rate six parts of their treatment program. All of the six areas received very favorable ratings. A vast majority (90.5%) gave the overall program a good or excellent rating.

### **Ratings by Clients of the Alcohol and Drug Treatment Program**

	<b>Poor</b>	<b>Fair</b>	<b>Good</b>	<b>Excellent</b>
Individual counseling	49 (2.3%)	213 (9.8%)	982 (45.2%)	929 (42.8%)
Group Sessions	36 (1.7%)	286 (13.2%)	1135 (52.3%)	712 (32.8%)
Usefulness of films and video	59 (2.7%)	223 (10.3%)	990 (45.8%)	891 (41.5%)
Quality of films and video	102 (4.7%)	371 (17.2%)	1006 (46.6%)	681 (31.5%)
Facilities available	199 (9.2%)	496 (23.0%)	961 (44.6%)	499 (23.2%)
The overall program	30 (1.4%)	175 (8.1%)	1127 (52.1%)	830 (38.4%)

The clients were asked to indicate their agreement, disagreement or undecided response to the following questions with ratings ranging on a continuum from 1 = Disagree, 4 = Undecided, and 7 = Agree.

A vast majority of the clients agreed (responses 5-7) with the statements about the programs. On important questions more than 90 percent agreed with the statements, illustrating the strength of the positive feelings about the treatment programs. The highest ratings were: 'counselors were helpful' (6.3), 'gaining knowledge' (6.3), and 'information was useful' (6.2). Consistent with the ratings above and in general, the clients were favorably impressed with treatment programs.

	<b>Mean</b>	<b>Percent Agreeing with Statement</b>
I gained knowledge	6.3	94.2%
I liked the program	5.8	86.5%
The counselors were helpful	6.3	93.5%
The program was too long	3.4	29.4%
The program was too short	3.6	32.6%
Information presented was useful	6.2	93.1%
Better person because of program	5.8	82.8%
Too much information presented	2.6	16.5%
Program well organized	5.8	85.5%

## OPEN-ENDED QUESTIONS

These comments were taken from those recently (past three years) completing treatment programs.

### What did you like best about the Alcohol and Drug Treatment Program?

- Information, knowledge (216 responses)
- Videos, films, movies (171 responses)
- Counselors (110 responses)
- Group sessions, discussions (93 responses)
- Learned about myself (82 responses)
- Relapse education, tools (70 responses)
- Group in general, people (50 responses)
- One on one counseling (49 responses)
- Presentation quality (42 responses)
- All of it (32 responses)
- How to stay sober/change for the better (22 responses)
- It was helpful (17 responses)
- Talking, sharing (15 responses)
- Thinking barriers/other barriers (15 responses)
- It was a good/I liked it/It was useful (13 responses)
- Getting out, finishing (12 responses)
- Material (12 responses)
- Interaction with other clients (10 responses)
- Others went through same thing (10 responses)
- Environment (9 responses)
- Learn if you want/Up to us (9 responses)
- Chemical histories (8 responses)
- Learned about addiction (7 responses)
- Run well/organized (7 response)
- Hope to lead clean/sober life (6 responses)
- I am an alcoholic/I have a problem (6 responses)
- I can change/I can do it/Gave encouragement/More positive outlook of life (6 responses)
- Openness (6 responses)
- Small group (6 responses)
- Triggers (6 responses)
- Feedback/Input from others (5 responses)
- Homework/Exercises (5 responses)
- Honest (5 responses)
- 12-step program (4 responses)
- Nothing (4 responses)
- Helping others/Learned from others (4 responses)
- Achieving goals/setting goals (3 responses)
- Better than last or other treatments (3 responses)
- I'm not alone/can't do alone (3 responses)

- Insight (3 responses)
- Learning (3 responses)
- Liked the hours/short/couple hours a day (3 responses)
- Looking (3 responses)
- Most important things went over thoroughly/It was thorough (3 responses)
- Spirituality (3 responses)
- Caring (2 responses)
- Counseling (2 responses)
- Don't know (2 responses)
- Forced to think (2 responses)
- Honest with self (2 responses)
- Open minded (2 responses)
- Trusting (2 responses)

### **OPEN-ENDED QUESTIONS**

**What, if anything, about the program do you think needs to be changed?**

- Nothing (343 responses)
- Update, change or remove movies, videos (103 responses)
- Better facilities (classroom, chairs, etc.) (87 responses)
- Schedule change (more days, fewer hours, time of day, more intense, etc) (41 responses)
- Length, Longer or less rushed (42 responses)
- More one on one counseling (39 responses)
- Information, more or less in-depth, different, updated, better (24 responses)
- More group discussion/interaction/sessions (20 responses)
- Length (16 responses)
- Materials/workbook (15 responses)
- Coffee/food/snacks (11 responses)
- Length, Shorter (10 responses)
- Location or out of prison (10 responses)
- Only people who want to be there or need it (10 responses)
- N/A (10 responses)
- Don't know (9 responses)
- More videos (9 responses)
- No work during, then treatment (9 responses)
- Program was good (8 responses)
- Not mandatory (8 responses)
- Better organization (6 responses)
- More feeling expression (6 responses)
- Better counselors (5 responses)
- Get rid of Gorski stuff (5 responses)

- Less videos (5 responses)
- Negative behavior of inmates (5 responses)
- Family (3 responses)
- Homework (3 responses)
- More interesting (3 responses)
- One counselor (3 responses)
- Update/revamp (3 responses)
- Updated material (3 responses)
- Environment (2 responses)
- Individually not accepted or appreciated (2 responses)
- Instead of info treatment, actual treatment (2 responses)
- It was helpful (2 responses)
- More discussion or response (2 responses)
- More exercises (2 responses)
- Not think (2 responses)
- Relapse program (2 responses)
- The wait to get treatment (2 responses)
- Video worksheet after video (2 responses)

**REPORT OF RESULTS OF 12-MONTH  
FOLLOW-UP STUDY FOR THE  
ADULT TREATMENT PROGRAMS**

**INTRODUCTION**

Included in this report is the analysis of 1,692 persons for whom the 12-month or end of parole form was completed since 1994, and who had completed the forms while in the treatment program. The average length of time between the release from the penitentiary and being surveyed was about 12 months for this group. This 12-month follow-up period will be referred to as the end of parole period for the sake of simplicity. The follow-up forms were completed by Department of Corrections' parole officers. The procedure was changed during 1994 so that follow-up forms were completed at the end of 12 months of parole or after release from parole. Information for those on the 12-month or end-of-parole follow-up period was available through November 2003.

## BASIC RESULTS

For those surveyed at the end of their parole period, 49.2 percent were abstinent and 50.8 percent had used substances at least once (as shown in 'Use Of Any Drug' table on next page). These rates compared very favorably with abstinence rates from private treatment programs for people in general.

## DRUG AND ALCOHOL USE

### USE OF ALCOHOL OTHER STUDIES

NAME OF STUDY	PERCENT ABSTINENT	TIME FRAME
Cator	69.0%	Six Month
Cator	61.0%	One Year
Parkside	57.0%	10.5 months
TOPS	40-50%	One Year

Cator: self-report from clients, n = 6398.

Parkside: Self-report from clients, n = 2340.

TOPS (Treatment Outcome Prospective Study)-NIDA, n = 10,000  
(as reported from NASADAD, 1989)-multiple studies over a ten-year period.

Over one-half (55.3%) did not use alcohol in the 12 months following treatment (or release from incarceration).

### USE OF ALCOHOL 12-MONTH FOLLOW-UP

RESULT OF TESTING	NUMBER	PERCENT
Used Alcohol	806	44.7%
Did Not Use Alcohol Abstinent	996	55.3%
Total	1802	

Over three-fourths (79.1%) were not using marijuana 12 months following treatment (or incarceration).

**USE OF MARIJUANA  
12-MONTH FOLLOW-UP**

RESULT OF TESTING	NUMBER	PERCENT
Used Marijuana	373	20.9%
Did Not Use Marijuana	1414	79.1%
Total	1787	

Most (91.1%) of the persons did not use other drugs during the 12 month follow-up.

**USE OF OTHER DRUGS  
12-MONTH FOLLOW-UP**

RESULT OF TESTING	NUMBER	PERCENT
Used Other Drugs	163	8.9%
Did Not Use Other Drugs	1672	91.1%
Total	1835	

Over one-half (50.8%) had used drugs or alcohol 12 months following treatment.

**USE OF ANY DRUG  
12-MONTH FOLLOW-UP**

RESULT OF TESTING	NUMBER	PERCENT
Used Any Drugs or Alcohol	932	50.8%
Did Not Use Drugs or Alcohol	903	49.2%
Total	1835	

**EMPLOYMENT**

The employment rate (part or full time) was very high (89.2%) for the follow-up period.

**EMPLOYMENT STATUS  
12-MONTH FOLLOW-UP**

EMPLOYMENT STATUS	NUMBER	PERCENT
Working Part-time	252	13.8%
Working Full-time	1380	75.4%
Not Working	197	10.7%
Total	1829	

**EDUCATION**

Very few (6.6%) clients were attending school/training.

**EDUCATION/TRAINING STATUS  
12-MONTH FOLLOW-UP**

EDUCATION	NUMBER	PERCENT
Attending School/Training	121	6.6%
Not Attending	1706	93.4%
Total	1827	

**ALCOHOL AND DRUG TESTING**

About three-fourths (75.6%) of the parolees were tested for alcohol and other drug substances during the reporting period.

**TESTING RESULTS  
12-MONTH FOLLOW-UP**

TESTING COMPLETED	NUMBER	PERCENT
Was Tested	1381	75.5
Was Not Tested	447	24.4
Total	1828	

The rate of testing positive was 83.6 percent for the 12-month follow-up period. The high positive rates during the end of the 12-month follow-up may, in part, be due to the negative results not being recorded on the form (left as blank information), as evidenced by the small number (664) of cases reported versus number tested (1828). Those who were tested were likely tested with probable cause (suspicion of a substance abuse problem).

**TESTING RESULTS  
12-MONTH FOLLOW-UP**

<b>RESULT OF TESTING</b>	<b>NUMBER</b>	<b>PERCENT</b>
Positive	555	83.6
Negative	109	16.4
Total	664	

**ARRESTS**

About one-third (31.6%) had been arrested by the end of the follow-up period. More than one-half (54.5%) of the arrests involved drug or alcohol related offenses (DWI, drinking, no bar, possession, etc.). Many parole violations could have been for substance use, but specific violations were not always specified on the follow-up forms completed by parole officers. Nationally, about one-third of the parolees were re-arrested during the first twelve months of parole. The end of the parole results for the South Dakota clients was quite favorable, considering that this segment of the report concerns only those who had been through the Substance Abuse Treatment Programs. Many arrests were for drug and alcohol related activities and not for 'hard-core' criminal actions.

**ARRESTS  
12-MONTH FOLLOW-UP**

<b>ARRESTED SINCE PROGRAM WAS COMPLETED</b>	<b>NUMBER</b>	<b>PERCENT</b>
Arrested	574	31.6%
Not Arrested	1242	68.4%

Total	1816	
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#### **PAROLE VIOLATIONS**

Over one-half (54.9%) violated provisions of their parole during the follow-up period. About three-fourths (74.9%) of the violations were for drug and alcohol related situations.

#### **PAROLE VIOLATION 12-MONTH FOLLOW-UP**

<b>PAROLE VIOLATION SINCE PROGRAM WAS COMPLETED</b>	<b>NUMBER</b>	<b>PERCENT</b>
Violated Parole	999	54.9%
Did Not Violate Parole	820	45.1%
Total	1819	

#### **GOVERNMENT AND WELFARE ASSISTANCE PROGRAMS**

Considering the population studied, relatively few (11.2%) were receiving government or welfare assistance.

#### **GOVERNMENT ASSISTANCE 12-MONTH FOLLOW-UP**

<b>GOVERNMENT OR WELFARE ASSISTANCE PROGRAMS</b>	<b>NUMBER</b>	<b>PERCENT</b>
Received Assistance	204	11.2%
Did Not Receive Assistance	1615	88.8%
Total	1819	

## FACTORS RELATED TO SUCCESS

### SUMMARY OF FACTORS RELATED TO ABSTINENCE

Those with 'much' aftercare had better results than did those with 'none' or 'some' aftercare. Those with 'no or very limited' aftercare had a 34.9 percent rate of abstinence, while those with 'some' and 'much' aftercare reported abstinence rates of 32.0 percent and 61.7 percent, respectively.

#### RELATIONSHIP BETWEEN ABSTINENCE AND AFTERCARE SERVICES 12-MONTH FOLLOW-UP

Alcohol Usage	No Aftercare or Dropped	Some Aftercare	Much Aftercare
Abstinent	34.9%	32.0%	61.7%
Not Abstinent	65.1%	68.0%	38.3%

Significant Results  $p < .001$

Significant findings occurred when the relationship between attendance at AA/NA meetings and abstinence was examined. Those with frequent attendance had significantly ( $p < .001$ ) higher (72.6%) abstinence rates than did those with no attendance (36.0%) and some attendance (44.8%).

#### RELATIONSHIP BETWEEN ABSTINENCE AND ATTENDING AA MEETINGS END OF PAROLE

Alcohol Usage	No Attendance or Dropped	Some Attendance	Much Attendance
Abstinent	36.0%	44.8%	72.6%
Not Abstinent	64.0%	55.2%	27.4%

Significant Results  $p < .001$

## **SUMMARY OF FACTORS RELATED TO NOT BEING ARRESTED**

The results were significant between receiving aftercare and arrest rates for the 12-month follow-up. The 'no' aftercare and 'much' aftercare groups had lower arrest rates than did the 'some' aftercare group. Many clients with 'some' aftercare may not have completed aftercare programs, and some of those with 'no' aftercare may not have been required to attend.

### **RELATIONSHIP BETWEEN ARRESTED AND AFTERCARE SERVICES 12-MONTH FOLLOW-UP**

<b>ARREST CATEGORY</b>	<b>No Aftercare or Dropped</b>	<b>Some Aftercare</b>	<b>Much Aftercare</b>
Arrested	34.0%	39.4%	26.9%
Not Arrested	66.0%	60.6%	73.1%

Significant Results  $p < .001$

Attendance at AA/NA meetings was significantly related to arrest rates. Only 20.2 percent of those attending all or nearly all AA/NA meetings were arrested, while over one-third (36.9%) of those not attending AA/NA meetings were arrested during the 12-month time frame.

### **RELATIONSHIP BETWEEN ARRESTED AND ATTENDING AA MEETINGS 12-MONTH FOLLOW-UP**

<b>ARREST CATEGORY</b>	<b>No Attendance or Dropped</b>	<b>Some Attendance</b>	<b>Much Attendance</b>
Arrested	36.9%	34.6%	20.2%
Not Arrested	63.1%	65.4%	79.8%

Significant Results  $p < .001$

#### **PAROLE VIOLATIONS AND AFTERCARE SERVICES AND ATTENDING AA**

There was a significant relationship between receiving aftercare services and violating parole. Less than one-half (44.0%) of those attending 'much' aftercare services violated parole, while a much higher percent (69.2%) of those with 'no' attendance (or dropped out) or 'some' attendance (71.9%) violated provisions of parole.

##### **RELATIONSHIP BETWEEN VIOLATING PAROLE AND AFTERCARE SERVICES 12-MONTH FOLLOW-UP**

<b>VIOLATION CATEGORY</b>	<b>No Attendance or Dropped</b>	<b>Some Attendance</b>	<b>Much Attendance</b>
Violated Parole	69.2%	71.9%	44.0%
Did Not Violate	30.8%	28.1%	56.0%

Significant Results  $p < .001$

There was a significant relationship between attending AA meetings and violating parole. Only about one-third (34.0%) of those with 'much' attendance violated parole, while about two-thirds (68.2%) of those with 'no' attendance (or dropped out) violated provisions of parole.

##### **RELATIONSHIP BETWEEN VIOLATING PAROLE AND ATTENDING AA MEETINGS END OF PAROLE**

<b>VIOLATION CATEGORY</b>	<b>No Attendance or Dropped</b>	<b>Some Attendance</b>	<b>Much Attendance</b>
Violated Parole	68.2%	60.6%	34.0%
Did Not Violate	31.8%	39.4%	66.0%

Significant Results  $p < .001$

## **ABSCONDED**

Of the 1821 persons who completed the treatment programs while inmates and were subsequently paroled, only 50 persons (2.7%) absconded while on parole.

### **ABSCONDED END OF PAROLE**

<b>ABSCONDED WHILE PAROLED</b>	<b>NUMBER</b>	<b>PERCENT</b>
Yes, sent back to prison	28	1.5
Yes, retained on parole	8	0.4
Yes, still at large	14	0.8
No	1771	97.3
Total	1821	

## **PAROLE OFFICERS ASSESSMENTS OF CLIENTS**

Parole officers were asked to indicate their assessment of the client's compliance with the parole plan. Of those for whom information was available, the officers reported that the clients had quite marginal compliance with the parole plans. Over one-half (52.2%) were rated as having either Fair or Poor compliance with the parole plan.

### **COMPLIANCE WITH PAROLE PLAN**

	Excell	Good	Fair	Poor	Mean
Percent	16.3%	31.5%	23.8%	28.4%	2.6
Number of Cases	272	527	398	474	1671

The ratings by parole officers of clients' relationships with family members received a mix of ratings with about one-half (51.2%) receiving Excellent or Good ratings.

### **RELATIONSHIPS WITH FAMILY MEMBERS**

	Excell	Good	Fair	Poor	Mean
Percent	11.0%	40.2%	33.4%	15.4%	2.5

Number of Cases	183	671	558	256	1668
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The ratings by parole officers of clients' relationships with peers and friends were inconsistent with about one-half rated as Excellent or Good and about one-half listed as Fair or Poor.

**RELATIONSHIPS WITH PEERS/FRIENDS**

	Excell	Good	Fair	Poor	Mean
Percent	11.8%	40.3%	30.2%	17.8%	2.5
Number of Cases	164	558	418	246	1386

The parole officers' ratings of clients' employment progress/satisfaction were higher than the other areas rated. More than one-half (58.0%) of the ratings were Excellent or Good and the remainder (42.0%) was Fair or Poor.

**EMPLOYMENT PROGRESS/SATISFACTION**

	Excell	Good	Fair	Poor	Mean
Percent	18.8%	39.2%	23.6%	18.4%	2.4
Number of Cases	312	650	392	306	1660

The officers' assessments of the persons remaining arrest free were not high, since nearly one-third (35.5%) of the clients were rated as Excellent or Good, and a majority (64.5%) was perceived as having only Fair or Poor likelihood of remaining arrest free.

**TABLE 22  
PROBABILITY OF REMAINING ARREST FREE?**

	Excell	Good	Fair	Poor	Mean
Percent	8.7%	26.8%	27.8%	36.7%	2.9
Number of Cases	138	426	442	582	1588

The results were non-conclusive regarding how well the clients did while on parole. Less than one-half (43.3%) of the parolees were perceived as doing Excellent or Good, while more (56.8%) were viewed as performing at a Fair or Poor level as parolees.

**HOW WELL DID PERSON DO ON PAROLE?**

	Excell	Good	Fair	Poor	Mean
Percent	12.2%	31.1%	23.0%	33.8%	2.8
Number of Cases	9	23	17	25	74

A similar question to the one used above was used on this question, which was on an earlier version of the form. Again the officers' perceptions of the clients remaining arrest free were not high, with only about one-fourth of clients viewed as 'not likely to be arrested in the future.'

**LIKELIHOOD OF BEING ARRESTED IN THE FUTURE?**

	Percent	Number
Very Likely to be Arrested	27.4%	17
Somewhat Likely to be Arrested	48.4%	30
Not Likely to be Arrested	24.2%	15
Total		62

## **POSITIVE PROFILE CLIENTS COMPARED TO NON-FAVORABLE PROFILE CLIENTS**

Those who had characteristics related to successful outcomes were compared with clients who had fewer favorable factors. A favorable profile consisted of persons who liked the treatment programs and rated them as excellent, were rated by their counselors as doing good or excellent while in the treatment program, attended AA/NA much or all of the time while on parole, and worked full-time while on parole. Persons with a non-favorable profile comprised clients who were not working full-time, did not attend AA/NA as they should, did not like the treatment program, and were judged by their counselors in the treatment program as doing poorly. It can be seen from the chart below that those with a positive profile had excellent outcomes and those with non-favorable profiles performed very poorly. The group with favorable characteristics had a very high substance abstinence rate (74.4%), while the unfavorable group had a low rate (8.3%). The favorable group had very good arrest (15.7%) and parole violation (32.2%) rates, and the group with non-favorable characteristics had very high arrest (54.2%) and parole violation (95.8%) rates.

### **RESULTS AFTER BEING PAROLED FOR 12 MONTHS**

<b>Group</b>	<b>Abstinence</b>	<b>Arrested</b>	<b>Violated</b>
Favorable Profile	74.4%	15.7%	32.2%
Non-Favorable Profile	8.3%	54.2%	95.8%
Overall Rates	49.2%	31.6%	54.9%

## **FACTORS PREDICTIVE OF OUTCOME SUCCESS**

Factors related to outcome success (e.g., not using substances, arrest free, non-violation of parole, and not absconding) were determined by correlational and non-parametric procedures analyses (chi square and Fisher's). The outcome factors were obtained from the yearly follow-up forms completed by parole officers. All data sets were merged and appropriate analyses were conducted. Since there were no statistically significant differences by year, the results were not present by year. The following factors were found to be predictive of success:

### **Intake Forms Matched with Follow-up Information**

1. Married persons were less likely to use substances (while on parole) than were single people.
2. Married persons were less likely to be arrested than were single people.
3. Married persons were less likely to violate parole than were single people.
4. Older persons were less likely to be arrested (while on parole) than were younger people.
5. Older persons were less likely to use substances than were younger people.
6. Older persons were less likely to violate parole than were younger people.
7. Older persons were less likely to abscond than were younger people.
8. Persons with more education were less likely to be arrested (while on parole) than were people with low amounts of education.
9. Persons with more education were less likely to use substances than were people with low amounts of education.
10. Persons with more education were less likely to violate parole than were people with low amounts of education.
11. Persons with more education were less likely to abscond than were people with low amounts of education.

12. American Indians were more likely to use substances (while on parole) than were Whites.

13. Americans Indians were more likely to be arrested than were Whites.

14. Americans Indians were more likely to violate parole than were Whites.

### **History Forms Matched with Follow-up Information**

1. Persons who indicated problems with bosses at work were more likely to violate parole than were people who didn't have these problems at work.

2. Persons with problems making mistakes at work were more likely to violate parole than were people who didn't have problems making mistakes.

3. Persons with problems being late at work were more likely to violate parole than were people who didn't have problems being late at work.

4. Individuals with problems missing work were more likely to violate parole and use substances than were people who didn't have problems missing work.

5. Persons who indicated problems before age 15 with skipping school were more likely to violate parole and use substances than were people who didn't report skipping school.

6. Those with problems before age 15 being suspended from school were more likely to violate parole, be arrested, and use substances than were people who didn't report being suspended from school.

7. Persons arrested before age 15 were more likely to violate parole, be arrested, and use substances during parole than were people who were not arrested.

8. Individuals who reported running away from home before age 15 more likely to violate parole, be arrested and use substances during parole than were people who did not run away.

9. Persons who were guilty of the crime of vandalism before age 15 were more likely to violate parole and use substances than were people who were not guilty.

10. Individuals guilty of stealing before age 15 were more likely to violate parole and use substances while on parole than were people who didn't report stealing.

11. Persons reporting sex with more than one person before the age of 15 were more likely to violate parole, be arrested, and use substances than were people not reporting this level of sexual activity.

12. Individuals who indicated problems with fighting before age 15 were more likely to violate parole, be arrested and use substances during parole than were people who didn't report fighting.

### **Information from the Follow-up Form for Those Completing Treatment**

1. Persons who were working were less likely to be arrested.
2. Persons who were working were less likely to violate parole.
3. Persons who were working were less likely to use substances.
4. Persons who were working were less likely to abscond.
5. People attending AA were less likely to violate parole than were those not attending AA.
6. People attending AA were more likely to be abstinent than were those not attending AA.
7. People attending AA were less likely to be arrested than were those not attending AA.
8. People attending aftercare were less likely to abscond than were those not attending aftercare.
9. People attending aftercare were less likely to violate parole than were those not attending aftercare.
10. People attending aftercare were more likely to be abstinent than were those not attending aftercare.
11. Parole officers' assessments of compliance with parole plans were significantly related to abstinence, arrest, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. High ratings by the officers were associated with good outcomes (less drinking,

fewer arrests, fewer parole violations, and fewer absconders).

12. Parole officers' assessments of clients' relationships with family members were highly correlated with abstinence, arrest, violation of parole status, and absconder status. Again, the officers' perceptions were closely related to the performance of clients. Good perceived relationships with family members were significantly correlated with good performances by the clients.

13. Parole officers' assessments of clients' relationships with peers/friends were significantly related to abstinence, arrest, violation of parole, and absconder status. The officers' perceptions quite accurately reflected the reality of the performances of the clients in these areas. Good peer relations were correlated with good outcome performances.

14. Parole officers' assessments of clients' employment progress were highly correlated with abstinence, arrest, violation of parole, and absconder status. Again, the officers' perceptions were closely related to the performances of clients. Good perceived employment progress was correlated with good performances by the clients.

15. Parole officers' assessments of the probability of remaining arrest free were highly correlated with clients' performances related to abstinence, arrests, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. Of course, the officers often had hindsight as a guide in judging the performance of the clients.

#### **Client Assessment Forms Matched with Follow-up Information**

1. Participants in the treatment programs who liked the program (rated it high) were less likely to use substances, violate parole, or be arrested while on parole.

2. Participants in the treatment programs who rated the group counseling high were less likely to violate provisions of parole.

3. Participants who 'greatly' increased their knowledge during the program were less likely to use substances, or violate parole.

4. Clients who rated individual counseling high were less likely to use substances or violate provisions of their parole.

## **Counselor Assessment Forms Matched with Follow-up Information**

1. Counselors' ratings of the clients' performances in the outpatient treatment program were significantly related to abstinence, arrests, and parole violations. High ratings were correlated with greater abstinence, fewer arrests, and fewer parole violations.

2. Counselors' ratings of the clients' performances in individual counseling sessions were significantly related to abstinence and parole violations. High ratings were correlated with greater abstinence and fewer parole violations.

3. Counselors' ratings of the clients' performances in group counseling sessions were significantly related to abstinence and parole violations. High ratings were correlated with greater abstinence and fewer parole violations.

4. Counselors' ratings of the clients' overall performances in the program were significantly related to abstinence, arrests, and parolee violation. High ratings were related to greater abstinence, fewer arrests, and fewer parole violations.

5. Clients who had high ratings from their counselors in the relapse prevention part of the program were less likely to violate parole and had higher abstinence rates.

6. Counselors' perceptions of the future likelihood of remaining substance abuse free were significantly related to outcome factors. Good ratings were related to greater abstinence, fewer arrests, and fewer parole violations.

7. Counselors' perceptions of the clients' future prospects of being arrested were significantly related to abstinence, arrests, and parolee violations. Favorable ratings by the counselors of the clients were related to greater abstinence, fewer arrests, and fewer parole violations.